

May 2011--Embracing our Physical Nature  
dede dancing, LMT

It's hard not to grin like a fool when you step outside in May. Smells of earth and grass, flowering shrubs and trees, fill our heads with joyous memories of other springs and summers. Warm air flows softly across skin that has ventured outside uncovered for the first time since last October. Daffodils, pulmonaria, tulips, dandelions, redbuds and fruit trees bathed in sunshine, against various greens and blues of sky and earth; eye-candy most delicious.

You can see it on almost every street—people grinning, dancing, laughing, playing with less inhibition than usual.

Which brings me to my point. I often hear people say they wish they could “dance like nobody's watching”. Some say they can't take a stretch break at work, because they couldn't feel comfortable stretching while coworkers look on, which is kind of the same thing. In the month of May I see people extend themselves into the joy of moving their bodies with more ease, and I want to encourage that.

Go ahead and revel in your physical nature. Let your senses fill you with joy. Move with abandon. Grin like a fool.

The National Association for Health and Fitness ([www.physicalfitness.org](http://www.physicalfitness.org)) promotes health in the workplace during the month of May. In partnership with Active Life ([www.ActiveLifehq.org](http://www.ActiveLifehq.org)), they sponsor National Employee Health and Fitness Month—the lusty month of May.

I will do my part to help you feel like dancing with the warm breezes. Half hour massages can do a lot to ease muscles sore from dancing, raking, or grinning too much. This month enjoy \$10 off your half hour massage...a \$40 massage for \$30. That's 25% off—I must have let May get the best of me :)

Enjoy!